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Getting tougher on distracted driving

SAFETY

B.C. recognizes fines are too low, despite deadly stats

Thandi Fletcher
Metro | Vancouver

Tougher penalties are on the way for B.C. drivers who can't seem to put their phones down, including one Metro Vancouver woman who has been caught red-handed 14 times and has yet to have her licence taken away.

Sam McLeod, B.C.'s superintendent of motor vehicles, confirmed Monday the province will announce tougher consequences for distracted driving in early May.

He said there is recognition that fines are too low in B.C., despite distracted driving accounting for the second-highest number of deaths in this province, behind speeding.

The move comes after a local woman was recently publicly exposed for having 14 distracted driving citations.

Earlier this month, Richmond RCMP tweeted that a driver had nearly collided with one of its officers while allegedly driving distracted, along with a photo revealing that the person had 12 previous offences.

> There is no phone call, there is no text, and there is no email that is more important than someone's safety on the road. Sgt. Randy Fincham

The woman received a 13th ticket soon after, and a few days later, a Vancouver police officer pulled over a woman for allegedly texting and driving in the area of Oak Street and 70th Avenue, and recognized that it was the same person. She was issued a $167 fine.

"Ironically, this is a woman who has a blue tooth hands-free device installed in her vehicle but chose to text on top of her steering wheel rather than focus her attention on the roadway," said Sgt. Randy Fincham, spokesman for Vancouver police.

Speaking to reporters Monday, Fincham confirmed that the officer wrote to the superintendent of motor vehicles asking that the woman's driving history be reviewed for possible suspension.

In 2014, distracted driving became a points-based offence, adding three demerit points to a person's licence in addition to a $167 ticket. Once a driver receives four tickets, a review of their driving history by the superintendent of motor vehicles is automatically triggered, said Fincham.

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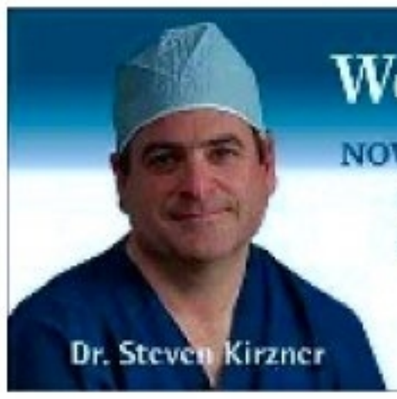

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metro NEWS
Your essential daily news

Hindu widows celebrate joyful holiday previously forbidden to them. **World**

String of violence over weekend in Vancouver

CRIME

Five separate incidents leave one dead, send two to hospital

Thandi Fletcher
Metro | Vancouver

Vancouver police are investigating a rash of separate violent incidents over the weekend that left one person dead and sent at least two others to hospital.

VPD spokesman Sgt. Randy Fincham said the unrelated incidents kept officers "extremely busy" over the weekend. No arrests have been made in any of the incidents.

Around 11 p.m. Friday, a woman walking home on Oak Street near West 48th was grabbed from behind by a stranger and sexually assaulted.

While the victim was not physically injured, she was traumatized and only able to provide a brief description to police. The attacker is described as being a man of average build and between five-foot-eight and five-foot-10.

Two hours later, police were called to a shooting in the area of J.W. Sexsmith Elementary School on Columbia Street around 1 a.m. Saturday.

Shortly after, a 21-year-old man arrived at hospital with a serious gunshot wound. He was treated and has since been released.

Fincham said a group of men in their 20s were in the schoolyard when they were confronted by two strangers. He said an argument ensued during which one of the strangers took out a gun and fired several rounds at the first group.

The third incident happened around 1 p.m. Saturday when two men in their 20s approached a man in a laneway in the 2300 block of Eton Street and stabbed him. He was taken to hospital with serious, life-threatening injuries. The motive for the stabbing is unknown, said Fincham, adding that it appears to have been a random attack.

Around 3:30 a.m. Sunday, an off-duty police officer noticed a fire at the Villa Carital senior care home on Penticton Street and phoned 911. Fincham said the fire, which started in a building adjacent to the care home, caused significant damage and appears to be an act of arson.

On Sunday afternoon around 4:30 p.m., an on-duty police officer came across a fight involving a group of people at the intersection of Main and Hastings. The officer approached to break up the fight and found a 38-year-old man with a serious stab wound. He was rushed to hospital but later died.

Police believe the attack was targeted. Anyone with information is asked to contact police.

Paramedics attend to a man who was stabbed in a laneway behind Eton Street on Saturday afternoon. RYAN STELTING/FOR METRO

FEDERAL GOVERNMENT

More time needed for LNG decision

Potential delays by the federal government on deciding the fate of a liquefied natural gas project in British Columbia appeared to be causing a concern overseas even before the latest setback on Monday, with the Japanese ambassador warning that putting off a decision could mean Canada missing out on a rare opportunity.

But Environment Minister Catherine McKenna said Monday she expects the federal cabinet to be ready to make a decision after another 90 days on the proposed $36-billion Pacific NorthWest LNG export project near Prince Rupert.

Japan's ambassador to Canada expressed his concerns in a letter dated March 11 to the Canadian Environmental Assessment Agency, which is reviewing the project.

"It is critically important to advocate the early realization of LNG export projects in Canada," wrote Kenjiro Monji.

Monji wrote that LNG exports are usually based on long-term contracts and if Canada misses this opportunity, it might not come around again for 10 or 20 years.

Pacific NorthWest LNG, the B.C. government and communities in northern B.C. were watching a Tuesday deadline for a decision from Ottawa, but McKenna said the federal review agency needs more time to clarify plans for pollution reduction and project construction.

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Exec quits after ruling

SEXUAL HARASSMENT

Defamation suit tossed out; VP at Ledcor resigns

Emily Jackson
Metro | Vancouver

An executive has resigned after a B.C. Supreme Court judge tossed out his defamation lawsuit claiming the Cactus Club falsely accused him of inappropriately touching a server and calling her "Kitty Kat."

Ledcor Senior Vice President of Health and Safety Dwight Brissette resigned Monday, days after the court posted the judgment that concluded he did in fact touch the server's backside after consuming five nine-ounce glasses of wine and one or two shots of Patron tequila.

Brissette met with Ledcor's senior executives "in response to recent events" to discuss the construction company's code of conduct and senior executive expectations, according to a statement from Ledcor.

Dwight Brissette tried to sue the Cole Harbour Cactus Club location, its manager and a server for defamation. He claimed they concocted a story about him groping a server. CONTRIBUTED

"As a result, Mr. Brissette has tendered his resignation, which Ledcor has accepted," according to an email from Ledcor's David Hoff.

"Ledcor thanks Mr. Brissette for his years of service and contribution to the company."

The lawsuit stems from a June 2013 incident where the vice president and about 10 colleagues were asked to leave the Coal Harbour restaurant's patio after their server complained to her manager that Brissette touched her backside.

> **Mr. Brissette has tendered his resignation, which Ledcor has accepted.**
> Statement from Ledcor

Brissette sued the restaurant, the server and her manager for defamation, alleging they concocted the incident and slandered him in front of his colleagues in order to get revenge for a rude comment he made in passing to the manager.

Justice Miriam Gropper found that argument "defies belief" and ultimately preferred the Cactus Club's affidavits over Brissette's. Video from the evening more closely aligns with the restaurant's version of events and, while it didn't show the touching, did not prove it did not happen.

CRIME

Victim of alleged hospital kidnapping freed

Mounties in Prince George say a suspect in an alleged kidnapping case has been arrested and the victim has been returned to the hospital she was taken from Sunday afternoon.

The RCMP said witnesses reported seeing a woman being pushed out of the University Hospital of Northern B.C. in a wheelchair and forced into a red Honda hatchback against her will.

The hospital soon determined that a 50-year-old female patient was unaccounted for and had not been discharged.

Police identified a suspect in the case as 44-year-old Prince George resident Lash Leroux, whom they said they considered violent.

They say the red Honda was spotted outside a Prince George residence around seven o'clock Sunday evening local time, and that's where they found Leroux and the woman.

THE CANADIAN PRESS

No health benefits in light drinking: Study

HEALTH

Research on effects needs to improve: Lead author

Thandi Fletcher
Metro | Vancouver

A new University of Victoria-led international study has found that previous studies have overestimated the possible benefits of moderate drinking and underestimated its health risks.
DAVID SILVERMAN/GETTY IMAGES

Think a glass of red wine a day will keep the doctor at bay? Think again, suggests new research from the University of Victoria.

Although many studies have lauded the benefits of moderate drinking, from a reduced risk of heart disease, stroke and diabetes, to better immunity against colds, a new paper has found previous research overestimated those benefits and underestimated the risks of alcohol use.

"I wish it were true," Tim Stockwell, director UVic's Centre for Addictions Research of British Columbia and the study's lead author, said with a laugh. "I like a drink and I wish it did me good … But there's various grounds for skepticism, unfortunately."

For the study, Stockwell and his colleagues reanalyzed data from 87 long-term studies on alcohol use and mortality, involving a total of nearly four million people.

At first, the data showed that "low-volume drinkers" (those who had up to two drinks a day) had lower mortality risks than those who abstained from alcohol. They also found that "occasional drinkers" (people who consume less than one drink a week) live the longest.

But after looking at the quality of each study and adjusting for errors, the researchers found that the protective effect of light drinking vanished.

The study builds on a landmark 2006 study also co-authored by Stockwell that found most published studies on alcohol use and mortality make the mistake of comparing moderate drinkers to those who currently abstain.

"We know from other studies that, as we age, people in developed countries tend to cut down or stop completely their drinking," he said.

Since current abstainers include many people who have cut down or cut out alcohol due to poor health, that skews the data by making the health and life expectancy of moderate drinkers look good by comparison, he said.

> **Do it for the pleasure but do not believe or comfort yourself by thinking it's good for your health.**
> Tim Stockwell

He said the paper's findings suggest that improved methods are needed for scientists to study the health effects of alcohol.

Following the 2006 study, Stockwell and his colleagues could only find 13 studies out of 87 that adjusted for these errors.

"The bottom line is that we need to be more skeptical of claims that low-volume alcohol consumption is good for you, and a take a long, hard look at how studies around alcohol and health are designed," he said.

Improving the research could have a significant impact on both alcohol policies, as well as guidance that physicians give to patients about low-risk drinking, he said.

Stockwell's advice?

"If you like a glass of wine a day, it's probably not doing you much harm if you enjoy it," he said. "Do it for the pleasure but do not believe or comfort yourself by thinking it's good for your health."

CANDLELIGHT VIGIL

Vigils being held to bring home B.C. children from Iraq

Vigils are being held across Canada urging Prime Minister Justin Trudeau to bring home four young Canadian brothers and sisters from northern Iraq, where they are believed to be with their fugitive father, a noted British Columbia doctor.

Lorraine McKendry was one of about a dozen people who held candles and placards during a vigil outside the B.C. legislature.

Her placard said, "Justin Trudeau, these are your children, bring them home now."

McKendry says Alison Azer's four children have been located in an area of northern Iraq that has become the focus of bombing and increasing violence.

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Whistler Blackcomb extends season

OUTDOORS

Resort will be open until May 30 as snow keeps coming

Emily Jackson
Metro | Vancouver

Get ready for some serious spring skiing.

Whistler Blackcomb will extend its ski season until May 30 due to the volume of snowfall it's received this season, the resort announced on Monday.

With more than two months left to go, the resort's cumulative snowfall has already surpassed the average annual snowfall over the past decade, according to the resort's Emily Wright.

The total snowfall thus far is 1,177 centimetres, compared to an annual average snowfall of 1,163 centimetres. And the snow seemingly just keeps on coming, with 292 centimetres in March so far.

1,177 cm

Total snowfall so far, compared to an annual average of 1,163 cm.

"What's shocking about this is that we are nowhere near the end of our season," Wright wrote about the "powderific madness."

The snowfall is a boon to the resort after a pretty dismal ski season last year. Only 672 centimetres of snow was recorded last year, the lowest snowfall in the past decade. Snowfall peaked over the past 10 years at 1,579 centimetres in 2010/2011.

Whistler Blackcomb posted a photo of the snow Monday. TWITTER

HOMELESSNESS

Costs forcing people onto streets: Report

Trevor Beggs
For Metro

The rising cost of low-income housing is forcing more people to live on the streets of Vancouver, according to a report Monday from the Carneige Community Action Project.

The CCAP's seventh annual housing and hotel report found that the average lowest rent for single room occupancy in hotels is $517 per month. Average lowest rent has increased by 30 per cent since the study was first released in 2009.

The welfare rate has remained stagnant over that time span. The CCAP noted the welfare shelter rate at $375. Only 5 per cent of hotels surveyed had rooms renting for less than $375.

According to the report, there are 839 people on the streets of the Downtown Eastside on any given night. This is the highest recorded number since the CCAP first released the study. The 2015 Vancouver homeless count recorded 1,746 homeless persons across Vancouver.

The effect of rising housing prices is having an impact on life expectancy. According to a 2014 Megaphone report, the median age of death for a homeless person in B.C. is between 40 and 49 years.

"We have people in their forties dying because they don't have a home, said Maria Wallstam of the CCAP. "It's really shocking."

In some cases, people are choosing to live on the streets because the conditions of the SRO (Single Room Occupancy) hotels are so poor.

"People are really outraged because even if you do have housing, the conditions are awful," said Wallstam. "There are bed bugs, insects, rats and some have no electricity or water.

> **We have people in their forties dying because they don't have a home.**
> Maria Wallstam, CCAP

"We need to save SRO hotels, but we also really need to renovate them."

With new condominium projects replacing SRO hotels, prices are expected to continue rising. This will result in more people ending up on the streets, according to the CCAP.

"Homelessness is going to increase by hundreds in the coming years because there is no new social housing," said Wallstam. "Low income housing is being lost, so there's nowhere to go."

ENGINEERING

Students revved up for design competition

Students at the University of British Columbia's Okanagan campus are going for the checkered flag in a student design competition put on by the Formula Society of Automotive Engineers.

The group of about 30 students is responsible for design, fundraising, construction and competing with their open-wheeled race car.

The car is halfway between a go-kart and a Formula Four race car, and it will be judged on design, cost and manufacturing.

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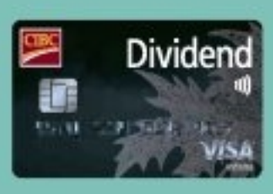

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REAL ESTATE

Housing coalition vies for federal support

Emily Jackson
Metro | Vancouver

An unprecedented coalition between landlords and tenants, developers and co-op residents is hopeful the federal government will heed their collective call for housing funding in the 2016 budget to be released Tuesday.

The B.C. Rental Housing Coalition is lobbying the federal government to boost the supply of rental housing by providing tax incentives, to keep tenants in their homes by renovating old buildings or offering rent subsidies and to treat housing policy as intimately linked to social issues such as health care and aboriginal affairs.

Coalition spokesman Thom Armstrong said Monday he's hopeful the federal government's spending will align with suggestions from the group that includes the Urban Development Institute, Aboriginal Housing Management Association and LandlordBC, among others.

"The list of groups that have formed the coalition, that is really indicative of how serious the housing crisis is," said Armstrong, who also the executive director of the Co-Op Housing Federation of B.C. "We all have to work together."

If they can agree upon big solutions to the affordability crisis, the federal, provincial and municipal governments should be able to find a way to work together so funding has the biggest impact, Armstrong said.

"The onus is on all three to coordinate their efforts. That will mean putting aside partisan political concerns," Armstrong said.

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WIND

Terrance Kosikar flips a tire to raise awareness for PTSD in Whistler, B.C. Six years after the death of a Georgian luge athlete, Kosikar is still trying to shed the chains of post-traumatic stress disorder. JOERN ROHDEE/THE CANADIAN PRESS

Creating a ripple effect

MENTAL HEALTH

Former paramedic wants to bring PTSD to light

Six years after the death of a Georgian luge athlete on the opening day of the 2010 Olympics, the first responder who tried to save him is still wrapped in the chains of post-traumatic stress disorder.

On Sunday, Terrance Kosikar, 45, finished Breaking the Chains B.C., a gruelling physical test of flipping a nearly 200 kilogram tractor tire through the back roads east of Whistler, B.C., while wearing nearly 25 kilograms of steel chain.

Kosikar said the tire and chain are symbols of the burden he has had to endure with a long, lonely battle with suicide attempts and addiction after the death of Nodar Kumaritashvili triggered his mental disorder.

The former paramedic wants the problem of PTSD pushed out of the shadows. He said first responders are trained to save lives, but are never taught about the dangers to their own mental health.

"(WorkSafeBC) needs to make this in our book, our training manual, our 400-page book," he said."It needs to be talked about, post-traumatic stress, what to pick up on, the signs and symptoms to pick up in your co-workers and yourself after you deal with these sort of accidents."

Kosikar also said more should be done to remember Kumaritashvili, the young single-luge sledder who was travelling at nearly 144 kilometres per hour when he rocketed off the challenging track during an Olympic practice run and slammed into a pole. He died on the opening day of the 2010 Olympic Games.

> **It needs to be talked about, post-traumatic stress, what to pick up on, the signs and symptoms.**
> Terrance Kosikar

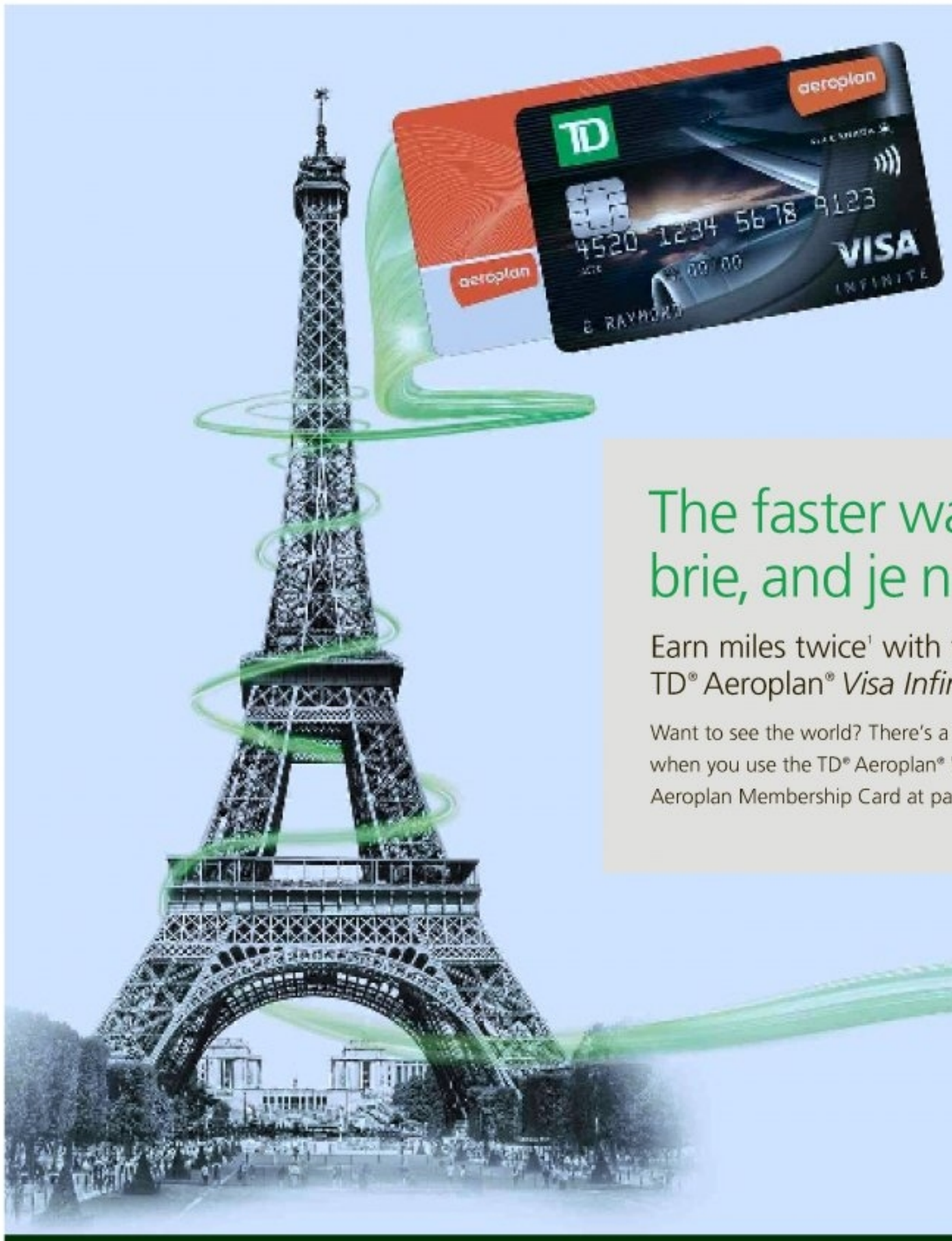
"The plaque says 'Whistler always remembers,'" said Kosikar, describing the memorial erected in Whistler to the luger's memory.

"But meanwhile the plaque and the memorial is back in the bushes, 2,000 feet away from any public eye. They don't want to remember. No one wants to remember."

He said he's already heard his actions have encouraged a northern B.C. law firm to offer free legal assistance to those who suffer from post-traumatic stress.

"I'll flip a tire from here to Alaska, if that could happen again," he said. "That ripple effect is so amazing."

THE CANADIAN PRESS



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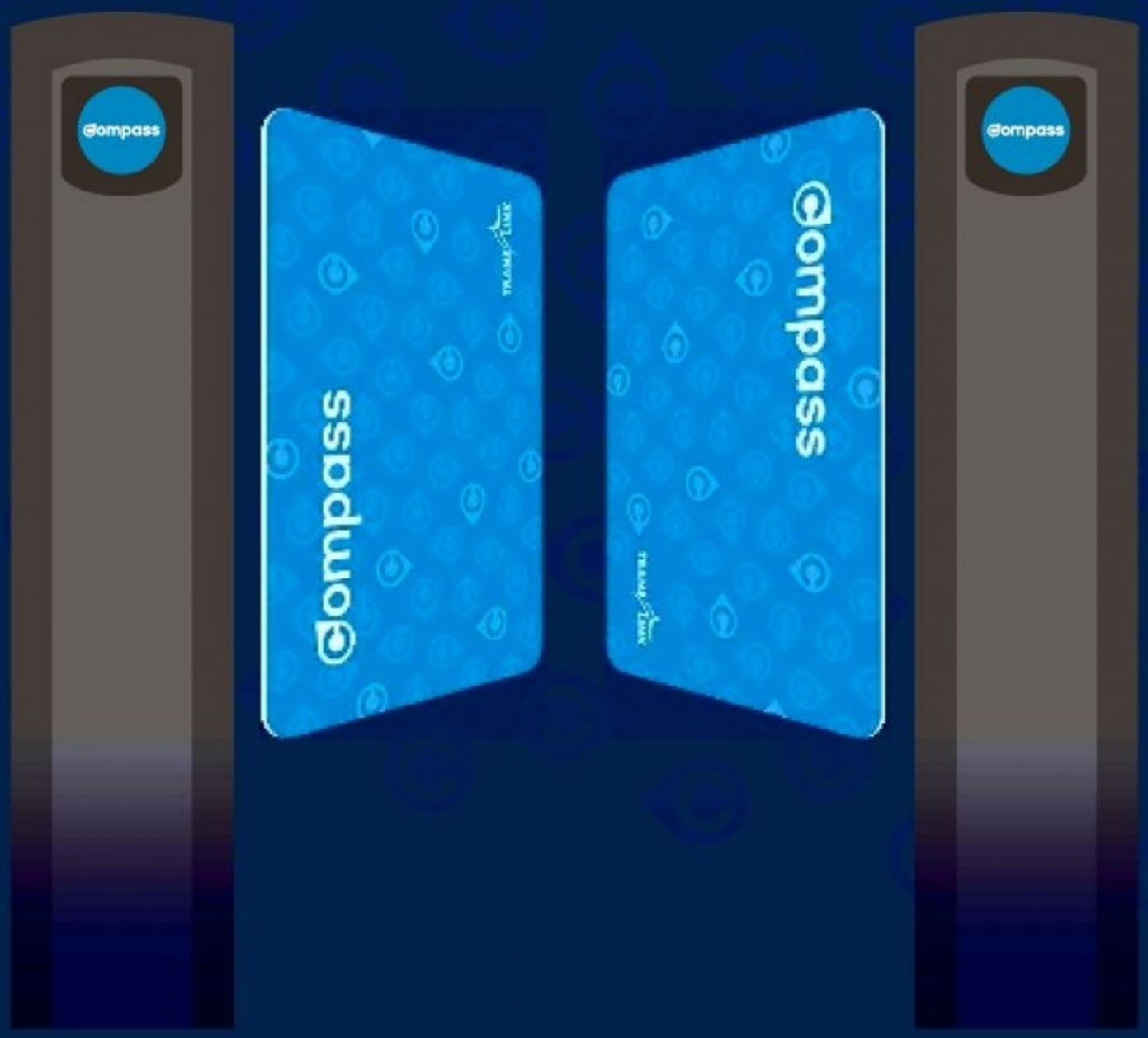

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TRANSLINK

Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

Apple unveils smaller iPhone

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked $50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have been offered only on versions of the iPhone 6.

THE ASSOCIATED PRESS

+ UNLOCK FIGHT

Hearing cancelled

A hearing between the U.S. Federal government and Apple has been cancelled as FBI works with 'outside party' to unlock San Bernardino attacker's iPhone.

Bottled water ban on Montreal's list

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage.

"Bottled water isn't in competition against tap water, it's in competition against other beverages," he said.

The industry wants the city to favour a recycling solution.

ISTOCK

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

More than 80 Canadian towns and cities restrict the use of bottled water, including Montreal. Most involve activities in municipal buildings but in Toronto it extends to parks, facilities and civic centres. Many post-secondary institutions also do the same.

In 2013, Concord, Mass., came out with a bylaw banning the sale of one-litre bottles of water or less in that community and is believed to be the first U.S. community to have done so.

THE CANADIAN PRESS

ALBERTA

Liquor stores eyeing pot sales

Samantha Power
For Metro | Edmonton

Even before Alberta Finance Minister Joe Ceci jokingly suggested retail pot sales go to liquor stores last week — which he quickly retracted — the Alberta Liquor Store Association says it was asking its members about the idea.

"We started the conversation back last year when the new federal government had a policy of legal marijuana," said Ivonne Martinez, president of the association.

No clear sales model has emerged following legal marijuana in the U.S.: Washington's market is supervised by the Washington Liquor Control Board, while Colorado's is monitored by the Marijuana Enforcement Division of the Department of Revenue. Colorado allows for retail distribution alongside medicinal marijuana, while Washington's laws prevent that integration.

But in Alberta, the possibility of a legality change is seeing many prepare.

Martinez said ALSA members are being asked about the idea through a formal survey and direct conversations with store owners, and results should be known at the end of April.

She added her hope is the association will develop a preliminary policy position on retail pot sales in its member stores that reflects member needs, and then to take that position to government.

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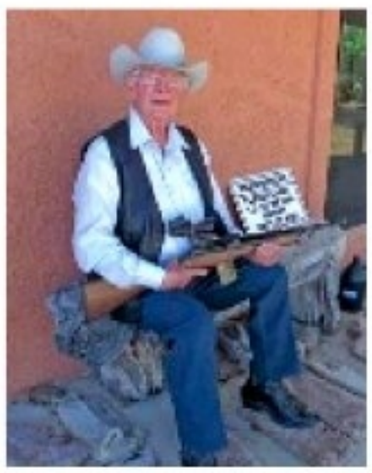
Voters still split on proposed wall

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ######plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:



Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns in case he encounters armed smugglers. BRIAN SKOLOFF/ THE ASSOCIATED PRESS

BACK AGAINST THE WALL

For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE

Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border.

Drew-Wilkinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION

John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said.

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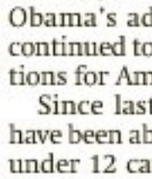
INDIA THE FUTURE IS BRIGHT Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago, this joyful celebration was forbidden for widows.

Like hundreds of thousands of observant Hindu women, they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS

TRAVEL

Canadians hit Cuba ahead of U.S. tourists



Zane Woodford
Metro | Halifax

As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," Halifax-based Maritime Travel senior director of marketing Blair Jarrett said Monday.

> **There's certainly a sense of wanting to get in before it does (change).**
> Blair Jarrett, Maritime Travel

While travel to Cuba for tourism reasons is still technically banned, U.S. President Barack Obama's administration has continued to ease up on restrictions for Americans.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activities, and educational activities.

Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriving in droves at the all-inclusive resorts," said Jarrett, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than 1,000,000 annual bookings, but this year, it's been even more popular.

"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

IN BRIEF

Russia issues U.S. warning after ceasefire violations
Russia on Monday warned the United States that it will start responding unilaterally to ceasefire violations in Syria if the U.S. refuses to co-ordinate rules of engagement against violators. The U.S. State Department insisted that Moscow and Washington were working constructively to monitor the truce. THE ASSOCIATED PRESS

Mild storm hits New England
Many New England residents were relieved that the storm wasn't nearly as bad as first forecast. By noon, the snow had stopped and the sun was out in much of the region. THE ASSOCIATED PRESS

Greece detains hundreds of migrants as EU deal delayed
Greece detained hundreds of refugees and migrants on its islands Monday, as officials in Athens and the European Union conceded a much-heralded agreement to send thousands of asylum-seekers to Turkey is facing delays. THE ASSOCIATED PRESS

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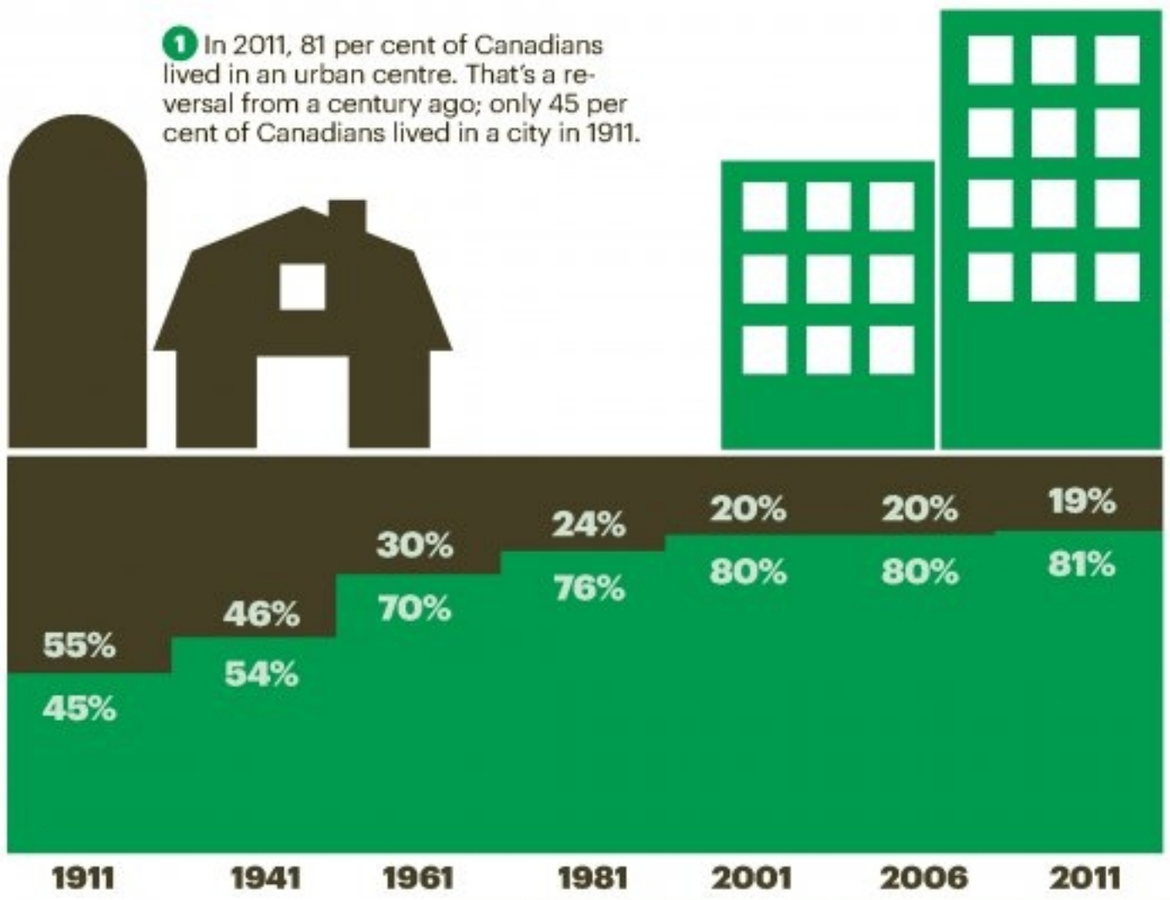
THE 2016 FEDERAL BUDGET

Rise of Canada's cities

Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



1 In 2011, 81 per cent of Canadians lived in an urban centre. That's a reversal from a century ago; only 45 per cent of Canadians lived in a city in 1911.

2 According to 2009 data, 72 per cent of Canada's GDP was produced in urban centres. In fact, over 50 per cent of the GDP can be traced to just six cities: Toronto, Montreal, Vancouver, Edmonton, Calgary and Ottawa.

3 Canada's cities are magnets for newcomers. Nine out of every 10 immigrants coming to Canada reside in a metropolitan area, according to Statistics Canada. The country's three largest cities — Toronto, Montreal and Vancouver — accounted for nearly 63 per cent of all new arrivals between 2006 and 2011.

4 Canadian cities are younger. Data from the 2011 census shows urban areas have a higher proportion of residents under the age of 65 than rural ones.

GRAPHIC BY ANDRES PLANA/METRO

IN BRIEF

Arbitrator slashes owed amounts of 10 senators

A former supreme court justice says some of the flagged expense claims by senators should not have been charged to taxpayers.

Arbitrator Ian Binnie reduced repayment bills for 10 of 14 senators who challenged the auditor general's findings to $131, 853 from $276, 566.

THE CANADIAN PRESS

POLITICS

Ex-Toronto mayor Rob Ford in palliative care, says office

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights by his side.

"Rob is a fighter and continues to fight. We are so grateful for all the support for him from all over the world. It is incredible!"

> **We are so grateful for all the support for him.**
> Doug Ford

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy have been posted to a site set up by his family, GetWellRobFord.com.

"Dear Rob: I've always admired your 'authenticity' & your down-to-earth humanity," wrote one user, C. Lee. "I'm sure it's not easy as your traverse this difficult passage but try to stay strong & positive."

Ford, who dropped his mayoral reelection campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder.

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metro VIEWS

Your essential daily news

Tuesday, March 22, 2016

SHARE THE WEALTH
A 2008 study found people who spend a greater proportion of their income on others are happier.

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**

I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.
ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.' **SUMAIYA NAWAR**, 18, OTTAWA

'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.' **RACHEL LISSNER**, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.' **TAMAR TCHICAYA**, 33, CALGARY

'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.' **CIARA MACKINTOSH**, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'
MARIA MAVROGIANNAKIS, 31, EDMONTON

'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'
PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for

Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a $60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a $1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about $750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to $3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at $10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be double that or more, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a $2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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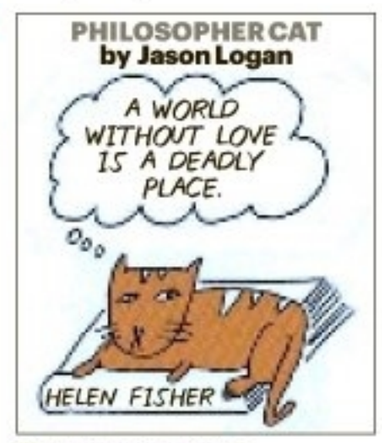

Philosopher cat now at mymetrostore.ca

Staging with colourful patio furniture creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space. ISTOCK

Staging with a bit of colour

HOMEOWNERS

Brighten up your home's exterior for extra attention

Lisa Evans

When selling a home, many homeowners understand the importance of staging the interior — removing clutter, painting a neutral colour and adding some fresh flowers to the hall table. But what about the exterior?

"When people drive up to the front of a property, they sense whether a home is going to be a possibility for them," says Carlo Sconza, a real-estate agent with Keller Williams. An inviting exterior makes buyers more receptive to viewing the home and can even lead them to overlook some imperfections inside.

One of the easiest ways to add pizazz to the outside of your home is with colour. Here are a few creative tips to brighten your place and wow potential buyers:

Make the front door pop
Painting the front door a different colour from the rest of the house is not only a great way to add a pop of colour to your home but gives it some personality.

"Adding colour just to the front door is a low-risk way to add character," says Carson Arthur, star of HGTV's Critical Listing. Millennials in particular list character among the top three traits they look for in a home. Benjamin Moore has a line of paints called "Grand Entrance" specifically designed for the front door.

Use colourful planters
Flowers are another quick and easy way to make your home more colourful.

But rather than planting a lot of flowers in the garden, purchase a couple of outdoor planters and put one on each side of the door, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs.

"It brings your eye right to the front door," she says. If you have a porch, hanging planters are also a great way to draw the eye and add a touch of colour to your home.

> **When people drive up to the front of a property, they sense whether a home is going to be a possibility for them**
> Carlo Sconza, real-estate agent with Keller Williams

Accent your outdoor living space
A front porch or back deck is an important selling feature as it adds extra living space to your home.

This area, too, is easy to enliven with colourful accents. Staging with patio furniture or even a small bistro table with two chairs creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space.

Add brightly patterned cushions, a fun tablecloth or a fresh floral bouquet for extra charm. When people can see themselves enjoying the space, they'll be more inclined to purchase the home.

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Selling a home: How to make a first impression

YARD LOVE

Just a little landscaping can add that elusive curb appeal

Lisa Evans

As the first thing potential homebuyers see, the outside of your home makes a big impression. According to a Century 21 study, first impressions can contribute seven to eight per cent to the value of your home. As you prep your home for sale, don't forget to give your yard some love — a little landscaping can make a big difference. Here are some expert tips to get you started:

Clearing the pathway to your front door is a great way to create an inviting entrance. ISTOCK

Show off the home's entrance
Clearing the pathway to your front door is a great way to create an inviting entrance. "People love homes where you can clearly tell where the door is," says outdoor-design and lifestyle expert Carson Arthur. If your home doesn't have a pathway, consider adding one in at low cost.

Clean up the lawn
Remove all evidence of a harsh winter from your front lawn, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs. This means pulling weeds from the lawn and gardens, cleaning the walkway, pruning overgrown shrubs and bushes, and removing any dead plants from your garden. Carson Arthur recommends top-dressing the lawn before putting up the For Sale sign. "A green lawn really attracts people," he says. "It makes your lawn look healthy and well-cared for."

Pare down front gardens
When it comes to planting in the front yard, less is more. A garden overloaded with plants can be intimidating to some buyers, says Arthur.

"People think, 'Oh wow, that's a lot of work, I'm not sure if I'm the right person for that,'" he says. Trimming back the garden, leaving a few plants and adding neutral-toned mulch can make your garden look low-maintenance and attractive to buyers.

A green lawn really attracts people — clean up your yard before putting up the For Sale sign. ISTOCK

"Mulch makes the garden look well cared for and neat and tidy and it doesn't intimidate anybody," says Arthur.

Add lighting
Landscape lighting is a great way to highlight your home's outdoor features during evening showings.

"If you have a beautiful weeping Japanese maple and you light it up, it's gorgeous," says Appel. Porch lights, as well as lights going up your walkway, help illuminate your home's entrance and make it welcoming. Just make sure the bulbs are all working before putting your home up for sale.

metro LIFE

Your essential daily news

Tuesday, March 22, 2016

The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Nino on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for $130 on adidas.ca.

Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception.

ZOE MCKNIGHT/TORSTAR

But what is women's running? This sends me in a tailspin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Parkdale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson that my discomfort wasn't surprising, since the shoe is really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.

ILLNESS

Testicular cancer no death sentence, Canadian study shows

Testicular cancer is the most common form of the disease in young males and a new study out of the University of Calgary is showing a cure rate of almost 100 per cent in patients who are disease-free two years after diagnosis and treatment.

About 1,000 men are diagnosed with testicular cancer every year and if it is caught early, the survival rate is 99 per cent.

But in those cases where the disease has spread to other parts of the body the prognosis varies and scientists say the survival rates for men with advanced metastatic testicular cancer ranges from 50 to 90 per cent.

Researchers at the university collected data from about 1,000 metastatic testicular cancer patients over a 12-year period and found that there was a 98 per cent cure rate for those men who were free of the disease two years after diagnosis and treatment.

"This is a paradigm shift for men with advanced testicular cancer," said Dr. Daniel Heng, a clinical associate professor at the University of Calgary's Department of Oncology. "For many cancers, the five year mark has been the gold standard. Only when you've passed the five-year mark are you thought to be at a very low risk of relapse.

TWO YEARS AND YOU'RE CLEAR

"Now with metastatic testicular cancer, after the two-year mark you're considered golden. This is much more reassuring for patients as opposed to waiting five years."

The results of the study are changing medical guidelines on disease surveillance around the world and that could mean fewer CT scans for patients after treatment.

"That actually relieves a lot of anxiety for a patient," said Heng. "And now we can tell them, after two years, if you're good, you're probably golden and you don't need any more CT scans."

Patients recovering from the disease typically have a CT scan every three months in the first year, every four to six months in the second and annually after that for five years following treatment.

Scientists say the new study now suggests that monitoring the patient through CT scans can be discontinued after two years of disease-free survival along with the associated blood tests and physical exams.

Doctors say the best defence is still a strong offence and men should conduct regular self-checks regardless of whether they've had a cancer diagnoses or not.

The study was funded by the Calgary charity Oneball and the findings will be published in this month's edition of the Journal of Clinical Oncology.

THE CANADIAN PRESS

Motherhood for when one is good and ready

REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Why did you want to update your book? Why not write a new one?

Mostly because I made a big decision when I turned 40 — I decided to have a baby on my own as a single mom by choice. And the trends In Her Own Sweet Time focuses on just kept intensifying. Every week people would send me articles about the rising age of parenthood, studies about the fact that so many women over the age of 35 are choosing to have children on their own and that single motherhood is becoming a symbol not of instability but of women's economic stability in the new modern family.

In terms of advances in IVF, what have you seen change from 2009 to now?

The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. The American Society for Reproductive Medicine (ASRM) had the experimental label on it even though it was being offered by endocrinologists in clinics across the country and marketed pretty heavily. In 2012 the ASRM took off the experimental label and said it's a viable reproductive technology.

Where do you think the fertility landscape is going to go from here?

One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise.

The data showed that the percentage of women having their first child between ages 30 and 34 rose to 21 per cent in 2014, up from 16.5 per cent in 2000. The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going to lean more on advanced reproductive technology in the future.

How are things going for you and your son now?

Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander.

TORSTAR NEWS SERVICE

FITNESS

Secret to rocking the 'squatty potty'

YuMee Chung
Torstar News Service

Have you heard the news? Squatting is the new black.

It seems the benefits of deep squats are being touted by everyone from yoga teachers to CrossFit coaches to doctors, midwives and birth doulas. This complex movement is said to improve the condition of the pelvic floor, strengthen gluteal muscles, contribute to ankle mobility and enhance core stability.

If squatting is a foreign concept to you, give our supported version a try. All you need is a couple of towels or yoga mats and a desire to reclaim this basic human movement pattern.

The Supported Squat

1. Perch your heels on a tightly rolled towel or yoga mat. The feet will be about shoulder distance apart and facing in the same direction as the kneecaps.
2. Place another rolled towel or yoga mat behind the fold of your knees as you squat down.
3. Maintain a neutral curve in your low back by tilting the pelvis forward and sticking out your backside. By the way, this is the secret to rocking the "squatty potty."
4. Provided your knees are comfortable here, hang out in your supported squat for a minute or two.

As your comfort with this exercise increases, decrease the size of the prop under your heels and behind your knees.

Not all squats are created alike

Recruit your gluteal muscles by keeping your shins vertical when squatting. When your knees overshoot the ankles and the front of the ankle becomes an acute angle, you are asking your quadriceps (the muscles on the front of your upper legs) to do the heavy lifting rather than your glutes. Strong glutes contribute to a better pelvic position and a happier pelvic floor in the long run. In fact, gluteal squats may be one of the most important things you can do for the health of your pelvic floor.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

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Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

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Elenor C. Miami, FL

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

JOHANNA SCHNELLER
WHAT I'M WATCHING

How bad characters can break your favourite shows

THE SHOW: Mozart in the Jungle, Season 1, Episode 5 (Shomi)
THE MOMENT: The Crazy Wife

Excitable New York orchestra maestro Rodrigo De Souza (Gael Garcia Bernal) begs his assistant Hailey (Lola Kirke), an oboist, to promise him that "under no circumstances will you allow me to go backstage" after the performance they're about to watch.

Because the violinist is his estranged wife, Anna Maria (Nora Arnezeder).

The curtain parts. A gorgeous blond demon with raccoon eyeliner saws away. The audience applauds. "Shut the f— up!" she shrieks.

Of course, Rodrigo goes backstage. He and Anna Maria veer between catching up ("It's nice for one's technique to practice bowing on a floating ice shelf" in Greenland," she says); arguing ("Does it bring your ego pleasure, making dead music remarkable only for its artifice?" she snarls); and necking. When Hailey interrupts, Anna Maria flies at her.

As Hailey and Rodrigo exit, swearing follows them down the hall. "I told you not to let me go in!" Rodrigo says.

Nora Arnezeder plays Anna Maria, the estranged violinist wife of Gael Garcia Bernal's Rodrigo in Mozart in the Jungle.
CONTRIBUTED

Sigh. Up to now, I'd been high on this series, about the backstage lives of professional musicians.

I love seeing their apartments, bed hops, bad habits, freelance jobs (recording soundtracks for slasher films, playing in the pit of rock musicals).

Some plot lines teetered on the edge of whimsy, but the terrific direction — by the likes of Paul Weitz and Bart Freundlich — kept it in check.

Until Crazy roared in. Just as a great character can make a series, a disastrous one can break it.

Swear at me all you want, Anna Maria, but please go back to Greenland. Soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION BRIEFS

Doc sheds light on mother's grief over radicalism

A Calgary mother who finds out from a reporter that her son had been killed fighting with an extremist group in Syria is both the subject and voice of a new TV documentary slated to air this week.

The documentary, A Jihadi in the Family, traces the painful transition Christianne Boudreau makes from oblivious mother of a troubled teen to international activist as she struggles to understand what happened to her child. In the process, Boudreau discovers kindred spirits in the scores of other grief-stricken mothers slammed by the winds of religious extremism and brutal geopolitics. "The stories of our children are all the same," Boudreau says.

Boudreau's 22-year-old son, Damian Clairmont, a convert to Islam, died in early 2014. He had left Canada in November 2012 to fight in Syria. The documentary is slated to air on the CBC's Firsthand on Thursday. THE CANADIAN PRESS

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ISTOCK

Don't expect a free meal and other first date rules

ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service

First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice)!

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofi@gmail.com

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LEARNING CURVE

Are you feeling the financial pinch?

ISTOCK

As the school year winds down, many post-secondary students are feeling the financial pinch. Last summer, a CIBC poll suggested that more than half of post-secondary students run out of money before the academic year is up, turning to their parents for financial assistance. For students currently in that situation, there are some key ways to avoid repeating the pattern next year.

Make a values-based budget. Some costs, such as tuition and housing, are fixed. As for variable costs, students should make sure their spending lines up with their values — and their available resources.

"There are certain things (students) absolutely need versus what they want," says Dustin Edwards, a Student Financial Support and Outreach specialist at the University of Alberta. "At the heart of that is what they value and making sure it matches how they're spending."

Remember that things add up. Eating out regularly might be easy at the beginning of the year, but it can mean trouble by spring.

"That slowly adds up, and then when they get to March, they say, 'oh, I don't have the money for groceries right now,'" says Edwards.

Whether it's restaurant visits, morning coffee or other variable costs, don't forget the big picture.

Track transactions. Edwards recommends students track all their transactions for a week or a month, to help understand their own spending habits.

"This is a really good way to conceptualize where their money is going, and it's often really eye-opening," he says.

Have a rainy day fund. Car breaks down? Need to head home for a family situation? Such costs can be devastating if students don't have some cash tucked away. Edwards suggests regularly contributing to a "set it and forget it" bank account that isn't used except in emergencies.

Don't be afraid to use on-campus resources. In addition to scholarships and bursaries, schools offer various financial services, from money-management workshops to emergency student loans. Edwards says despite there still being some stigma about utilizing such services, students shouldn't be afraid to use the resources at their disposal — and to start doing so as early as possible. "You don't have to start looking only when you're in financial need; start early and try to be proactive," says Edwards. "The last thing we want is a student in April, when they're going through finals, to also be really stressed about finances."

NYIT LAUNCHES NEW MASTERS PROGRAM

CONTRIBUTED

After embracing a new mantra ("New York Lives Here"), the New York Institute of Technology's (NYIT) Vancouver campus is preparing to launch a new master's program — which coincidentally has a connection to the catchphrase.

"The master of science in energy management program will have a professional, not just a research, focus and will ensure students gain sound knowledge in physical and social sciences," says Eric Mazzi, an adjunct professor and the offering's coordinator, which, if approved by the Ministry of Advanced Education, will launch in fall 2016. "We're also placing an emphasis on providing students with employment opportunities through practicum or internships. "The fields of energy management and renewable energy are very important to both Vancouver and New York, and students will have the option of completing some of their learning in New York."

While NYIT awaits final ministry approval for the program, which will be geared towards those with bachelor degrees in science, engineering or architecture, it will offer two related standalone courses during its summer session. Alternative energy and introduction to environmental technology will both be core offerings in the program.

"These courses will be a good head start for those who are interested in the program as well as working professionals who want to supplement their knowledge," says Mazzi.

To learn more about the energy management courses and program, attend NYIT's next open house on April 19 from 5 to 7 p.m.

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NYIT

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Resources for learning disabilities

While embarking on a post-secondary education is a significant task for anyone, it can be especially daunting for students who have a learning disability. That's why one of the most important first steps for those beginning their university journey is to check in and register with their school's accessibility services office.

In most cases, this office will provide services and resources to help students navigate their schooling experience. "Our accessibility services operate on principles of inclusion and full participation for all students, and of course, respect, dignity and individualization," says Lucy Fromowitz, assistant vice president of Student Life at the University of Toronto.

At U of T, students who bring in documentation about their individual needs to the Accessibility Services office are matched with a disability advisor. From there, a plan can be devised to help the student maximize their university experience and chances of success.

Part of that plan, according to Fromowitz, is to help students make choices about the quantity and nature of the courses they take in any given semester. "If, for example (a student's), disability inhibits their ability to deliver presentations, we help them choose courses where a significant portion of the grade is not based on in-class presentations," says Fromowitz.

In terms of course work, there are also options for individualized accommodation, such as school-provided note-takers, adapted tests and exams, and access to educational technology. These services, Fromowitz notes, are meant to help ensure that all students are able to meet the deadlines and expectations set forth in their classes.

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Good salaries in the transportation trade

If you think entering a transportation trade is something people do if they can't go to university, think again, says the dean for the School of Trades at Vancouver Community College (VCC).

"Some people with a university degree actually come back to do a trade, so it is a huge misconception that trades are easy," says Dennis Innes. "Transportation trades are incredibly technical and people exit with the opportunity to make a very good salary. I think a lot of people would be surprised if they took a better look at what trades training involves."

The transportation apprenticeships offered at VCC range from automotive collision repair technician and automotive service technician to diesel engine mechanic, heavy duty equipment technician and more. While they vary, all of the apprenticeships require applicants to be employed in the field.

"When students come to us, they must have an apprenticeship number from the Industry Training Authority, which manages the province's apprenticeship system and certifies skilled trades people," says Innes. "Also, sometimes employers will sponsor apprentices and schedule their apprenticeship training and other times apprentices will organize their own training."

Fully completing an apprenticeship involves blocks of learning and workplace experience, and typically requires three or four levels of training before an apprentice can obtain the inter-provincial Red Seal designation. The Canadian bar of excellence for skilled trades, the Red Seal sets common standards that assess the skills of tradespersons.

"The Red Seal ticket is a sign of mastery for that trade," says Innes. "It opens more opportunities for jobs and moving into management, and it demonstrates your commitment to the trade."

At VCC, transportation apprentices split their time between lectures and hands-on experience in a shop that is outfitted with all of the equipment they may encounter in the industry. Innes says the shop does more than mimic the real world.

"One of our unique aspect is that we have the general public bringing in vehicles for students to work on," he says.

VCC also offers foundational programs for applicants who are interested in transportation trades but are not currently employed in the field or have no experience.

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MENTAL ILLNESS ON CAMPUS

The pressure of earning a post-secondary degree can present challenges to the mental health of many students, whether or not they have been diagnosed with a particular condition. That's why, in 2013, the Canadian Association of College and University Student Services, in conjunction with the Canadian Mental Health Association, released a document designed to guide schools in their approach to on-campus mental health issues.

While acknowledging that every school has its own needs and capacities, the document — entitled Post-Secondary Student Mental Health: Guide To A Systemic Approach — calls on institutions to provide mental-health supports for all students. One example of how that may look is the system currently utilized by the University of Toronto, known as a stepped care model. At the first level of that model are workshops to help all students cope with the pressures of university life.

"What we try and do is move the label — stress, anxiety, etc. — off of the student, recognize the environment is stressful and help students build the skills that will make them thrive within that environment," says Lucy Fromowitz, Assistant Vice President, Student Life. At the next level is brief counseling, where students can take advantage of drop-in sessions to find ways to alleviate stress and anxiety.

The school also offers individual counseling and psychotherapy, as well as group sessions in cognitive behavioural therapy (CBT).

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Teamwork is another important part of the job. Practical nurses work in an integrated way with their teams to meet professional standards of competency and ethics, and deliver the high standard of care British Columbians have come to expect.

CONTRIBUTED

As a result of all these factors, it's a valued and well-paid profession. A registered practical nurse in B.C. is paid a median wage of $25.50 per hour.

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VANCOUVER CAREER COLLEGE

So you're ready to graduate: what's next?

Perhaps the biggest question facing any student entering their final year or semester of post-secondary education is: What's next?

For most, that will mean finding ways to translate what they've learned and accomplished at school into the working world. And in a time of such economic uncertainty and upheaval, being prepared takes on extra importance.

Thankfully, there are ways for all students — whether in their first semester or their final one — to help prepare for that next big transition.

"One thing is prioritizing relationships with people," says Kim Kiloh, director of the Centre for Student Involvement and Careers at the University of British Columbia. "That might look like taking time to make sure you circle back to a professor that really inspired you (or) solidifying relationships with your friends, people you've worked with on an extra-curricular project."

Especially important, says Kiloh, are "weak ties" — acquaintances who can be the most beneficial during a job search.

As for academic accomplishments, simply earning a degree or participating in co-curricular activities isn't enough. It's vital for students to reflect on what they've learned from every element of their post-secondary education, and translate that into marketable skills.

"We know employers are very interested in students' abilities to take what they've learned over their whole degree and think about how

ISTOCK

that learning might apply to real-world problems," says Kiloh.

"Being able to say, 'I worked on a team project and this is the role I took in a team, here's what I learned about myself and here's what I contributed to our team's success,' those are the kinds of stories that you could tell to a future employer."

Some undergraduate programs even offer what's called a capstone project, a culminating experience in which students can showcase what they've learned throughout their degree.

Most schools also offer workshops or resources to help with fundamental job-search skills — such as interviewing, writing resumés and building LinkedIn profiles — and the ability for students to meet with career advisors.

But perhaps the key message for any student, especially those approaching graduation, is to think about how university life is instilling lifelong skills such as critical thinking and resilience.

"We do really encourage students to be mindful," says Kiloh. "Try to move beyond that feeling of your assignments or projects for your classes as just being to-do list items that have to get checked off, but to take a little bit of time to notice how you engage in that learning experience."

LEARN THE 3D DESIGN LANGUAGE AT LANGARA

For the last four years, Langara College's first-year design formation program students have been introduced to basic design language through a two-part project that sees them creating living spaces — for birds.

CONTRIBUTED

The 3D software and birdhouses project requires students to first build their birdhouses in a forms, materials and process course, and then digitally draw them with 3D software in a computers and design course. Yvan Morrissette teaches both courses.

"In real life, this process would involve drawing the design first and building second," he says. "Reversing it gives students the opportunity to learn about material properties and their characteristics first, which roots their design in reality. Then they see how it applies to 3D form."

Students pick and research the type of bird for which they want to build their birdhouse and follow other specifications. Morrissette says they always push the envelope.

"I show them what past students have done and I expect them to repeat past ideas at some point, but they never do," he says. "Their designs are sometimes really ambitious and it's an ambition we want to feed."

The design formation program prepares students to conceive, develop and execute the design of spatial environments.

To learn more, attend the program's March 22 information session. Langara's creative arts students are also showcasing their work at the college's free-to-attend Creative Arts Pop-up Gallery until May 27. For information about both events, visit langara.ca.

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Content Solutions

Hospitality management more than hotels

Through relevant lectures, hands-on learning and real world experience, MTI Community College is preparing its hospitality management students for a career that extends past hotels into lodging or food and beverage operations such as restaurants and cruise ships.

"A lot of students have their minds made up about sticking to the hotel industry, but this is a really broad program that will prepare them for other areas too," says Michael Gacayan, an instructor in the program who also facilitates students' practicum. "Graduates start at entry-level positions but can move up to supervisor and even general manager with enough experience."

MTI's hospitality management program is offered in two formats: one for local students and the other for international students. While course content is the same and covers topics such as housekeeping management, hospitality supervision, marketing of hospitality services and human resources management, it is the real world element that differs.

"Local students receive 120 hours of practicum time and international students complete 560 hours," says Gacayan. "The international students gain more work experience because they come here to experience our Canadian society and the industry. However, both opportunities allow students to apply what they've learned in their courses."

CONTRIBUTED

Students are prepared for the on-the-job component through hands-on activities and site visits to hotels and other hospitality environments. For example, Gacayan recently took his students on a convention tour that was tied into the program's convention management and services course.

"The majority of courses are theoretical but we try to ensure there's hands-on activities that make it easier for students to understand," says Gacayan. "Students do a lot of case studies and there's role-playing and projects as well."

Once students complete MTI's hospitality management program, they graduate with a diploma and gain certification from the prestigious educational institute of the American Hotel and Lodging Association, which is the sole national association representing all segments of the 1.8 million-employee U.S. lodging industry.

"This institute is recognized world wide, so the certifications students receive indicate that they have the knowledge they need," says Gacayan. "It's a great addition for students to have on their resumé."

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metro SPORTS

By Thursday, after weeks of cross-country trips, the Rams franchise's move from St. Louis to Los Angeles should be complete

Giants have important decisions this off-season

WHL

Team owner has vacant GM spot to fill this off-season

Cam Tucker
Metro | Vancouver

Ron Toigo believed the 2015-16 edition of the Vancouver Giants was going to turn the corner after missing the playoffs in two of the previous three seasons.

But the season turned out to be just as frustrating in terms of injuries, particularly with the loss of highly touted forward Tyler Benson, and just as disappointing when it came to the on-ice product.

The result? Another spring of Western Hockey League playoff hockey without the Giants taking part, making it three times in the last four years they've failed to qualify for the post-season.

"It's extremely disappointing. I don't know what else could've gone wrong," said Toigo, the Giants majority owner.

Vancouver Giants majority owner Ron Toigo speaks to reporters at a press conference last summer. CAM TUCKER/METRO

The Giants have now gone through four coaches — Don Hay, Troy Ward, Claude Noel and Lorne Molleken — since the start of the 2013-14 season.

Earlier this season, Scott Bonner announced he would be stepping down from the general manager position to take a job with The Sports Corporation, which means the Giants are searching for a candidate to fill that spot.

"That's the most important decision to be made ... in the history of this franchise," said Toigo.

He added that it's not imperative to have the successful candidate in place by the WHL bantam draft in early May, and that Bonner, who stayed on with the club while it searches for his replacement, was focused on the upcoming draft.

Mike Johnston's name has been out there for months as a potential replacement.

Johnston was head coach and GM in Portland before he was hired to coach the Pittsburgh Penguins. He was relieved of those duties earlier this season.

Toigo said Johnston is a candidate for the job but an offer has not yet been made from the Giants.

As for where the Giants play next season, Toigo said the organization is still in negotiations with both the Pacific Coliseum and the Langley Events Centre.

Toigo wants to have a decision made within the next 30 days.

NHL

Canucks limping to finish

A four game losing streak — and the subsequent plummet down the standings — and Daniel Sedin calling out his team for a poor effort over the weekend speak to the gloomy times the Canucks are dealing with.

Soon to be mathematically eliminated from playoff contention and with 11 games remaining, the Canucks have shut down Brandon Sutter (broken jaw), Alex Edler (broken fibula) and Radim Vrbata (lower-body injury) for the remainder of the season.

The Canucks hit the road for three games beginning Tuesday versus the Winnipeg Jets.

After Saturday's 3-0 loss to the Blues, leading Daniel Sedin to deliver a forthright post-game critique, saying the effort certain players were putting out wasn't good enough.

With their current roster, the Canucks aren't likely to win many games from here on out.

"Back his comments 100 per cent," said Alex Burrows, who is expected to be reunited on a line with Daniel and Henrik Sedin.

"If you don't have all 20 guys committed to one goal, you're not going to win."

CAM TUCKER/METRO

NHL

Johansen carries Predators past L.A.

Ryan Johansen had a goal and two assists to lead the Nashville Predators to a 5-2 victory over the Los Angeles Kings on Monday night.

James Neal added a goal and an assist for the Predators, winners in three of their last four. Mike Fisher, Filip Forsberg and Roman Josi also scored.

Kings defencemen Drew Doughty and Alec Martinez each contributed a goal, but Los Angeles had its four-game winning streak snapped. Anze Kopitar had two assists.

Neal scored the game's first goal at 7:37 of the second period.

In the left circle inside the Los Angeles zone, Johansen won a faceoff back to Neal at the top of the circle, where he immediately fired a shot low to the far side that just slid past the outstretched left leg of Kings goalie Jonathan Quick.

Fisher doubled the Nashville lead at 13:17 of the second.

With the Predators on a power play after the Kings were called for too many men on the ice, Fisher's initial shot from the slot was denied by Quick. But the rebound fell in the crease, where a diving Fisher poked it into the net for his 12th goal of the season.

Before the game, Fisher was honoured for reaching 1,000 games played on March 3. THE ASSOCIATED PRESS

MMA

Red King set to try free-agent market

After six years and 12 fights in the UFC, top welterweight contender Rory (Red King) MacDonald says he wants a fair deal.

So the Montreal-based mixed martial artist plans to honour the last fight on his UFC contract and then test the free-agent fighting waters. The 26-year-old MacDonald, ranked No. 1 among 170-pound contenders, is scheduled to meet No. 2 Stephen (Wonderboy) Thompson in the main event of a televised fight card June 18 in Ottawa.

MacDonald, who has been fighting professionally since he was 16, is no prima donna. He just wants what he believes he is due.

"Hopefully I'll find an offer somewhere, whether it be in the UFC or somewhere else, where I feel like I'm appreciated the way I feel I should be," said the B.C.-raised fighter.

MacDonald (18-3-0) has not fought since last July when he lost to champion (Ruthless) Robbie Lawler at UFC 189 in Las Vegas. The back-and-forth bout, named the UFC's fight of the year in 2015, ended one minute into the fifth round when MacDonald's nose, broken in the second round, was shattered by another punch. MacDonald went down, protecting his bloody face, and the fight was stopped. THE CANADIAN PRESS

> **I think it's a good opportunity.**
> Rory MacDonald, on bout with Stephen Thompson

IN BRIEF

Crosby NHL's star of week
Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Crosby had two goals and five assists in four games as the Pens pushed their winning streak to six games. THE CANADIAN PRESS

Simmons to enter draft
LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons says he will enter the NBA draft, for which he has been widely projected as a top overall pick. THE ASSOCIATED PRESS

Rugby star dies at 35
The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack. Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. THE CANADIAN PRESS

Top student, top athlete

Jordan Herdman
SIMON FRASER UNIVERSITY HANDOUT/THE CANADIAN PRESS

SIMON FRASER UNIVERSITY

Herdman's career could be doctor or linebacker

Jordan Herdman has become a master of time management.

The six-foot-two, 231-pound Simon Fraser middle linebacker has been the Great Northwest Athletic Conference's top defensive player the past two seasons. And the Winnipeg native is carrying a 3.99 grade-point average in biomedical physiology kinesiology, leading all football players on the GNAC's all-academic squad.

Herdman's GPA is out of a possible 4.33, with the average undergraduate grade for his major being 2.7. But such excellence comes at a price — namely a lot of nights burning the midnight oil.

"It's very exhausting and tough," Herdman said during a telephone interview. "You've just got to be very disciplined in time management and make sure you're focused on getting those things that need to be done finished on time."

Herdman's day typically begins at 5:45 a.m. to make Simon Fraser's 7 a.m. football practice. After the two-hour session, Herdman has about 30 minutes to make the first of his two morning classes.

> **You've just got to be very disciplined.**
> Jordan Herdman

After a two-hour break, Herdman is off to a two-hour lab that begins around 1:30 p.m. When class is over, Herdman hits the gym at 5:30 p.m., arriving home around 8 p.m. After dinner, he's back in the books until about 1 a.m.

Herdman won't necessarily be finished studying upon graduation. He'd like to attend medical school and study radiology while also chasing a pro football career. Herdman is eligible for the 2017 CFL draft but also wants to pursue NFL opportunities.

"I'd love to play in the NFL, that's always been my dream, but I definitely want to try to pursue a pro career," he said. "I'd like to do both (med school and football) but I'd probably have to see just how demanding football was at the time. I think about it (pro football career) all the time."

Herdman — whose twin brother, Justin, is also an SFU linebacker carrying a 3.55 biomedical physiology GPA — was a finalist for last year's Cliff Harris Award, given annually to the top U.S. small college defensive player.

Jordan Herdman is two minutes older than Justin but the two are inseparable. Their father, James Reed, was a former NFL, USFL and CFL linebacker.

"They're very special human beings and if people could spend a day in their shoes and see the way they approach life, they'd see that," said SFU football coach Kelly Bates. "They have the grades that if they don't wish to play professional football they'll both be doctors … their time management skills are amazing."
THE CANADIAN PRESS

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RECIPE Tomato Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic, Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

Ingredients
- 8 plum tomatoes, halved
- 6 cloves garlic, peeled
- 3 Tbsps olive oil
- sprinkle of sea salt
- pinch of pepper
- 3 Tbsps butter, divided
- 1/2 cup of chopped sweet onion
- 4 cups vegetable broth
- 2 tsps fresh rosemary
- 1 Tbsp spelt flour

Directions

1. Preheat oven to 400. In a large baking dish, arrange tomatoes and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

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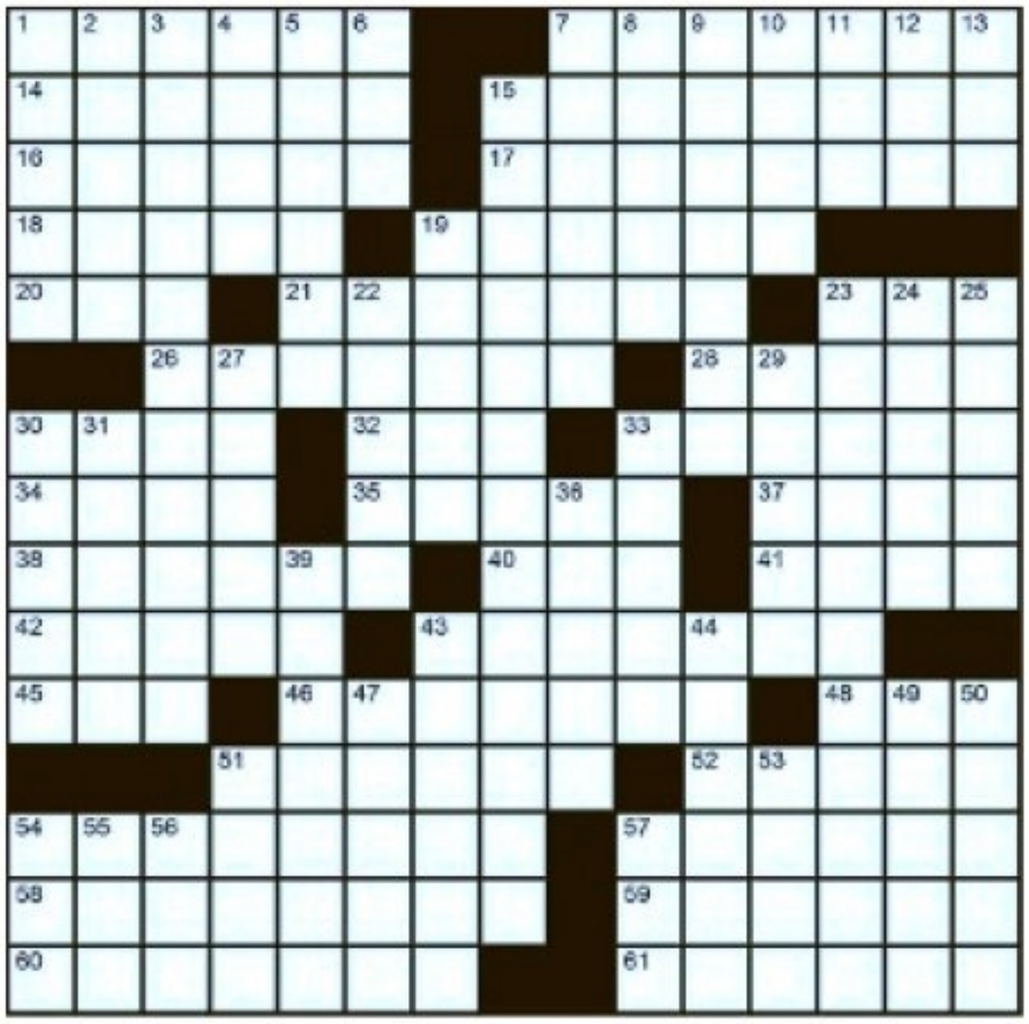
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. 'Import' suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style [var. sp.]: 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San __, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. __ Creek, Ontario

DOWN
1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.
4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The __ (Belonging to news coverage providers)
8. Wrath
9. Glacier's frozen cascade
10. Doesn't stand
11. Yoko __
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best __ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli __
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces
Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4			5			2		7
		5		9				
	7				8			3
5						3		
	8						7	
		6						1
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				6		8		
7		8			9			2

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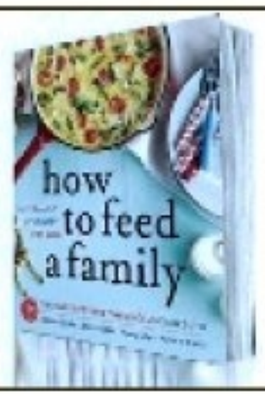

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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5	9	7	2	4	1	6	3	8
6	4	8	3	7	9	1	5	2
3	2	1	5	6	8	4	7	9
1	5	6	7	2	3	8	9	4
2	7	4	8	9	6	5	1	3
8	3	9	4	1	5	2	6	7
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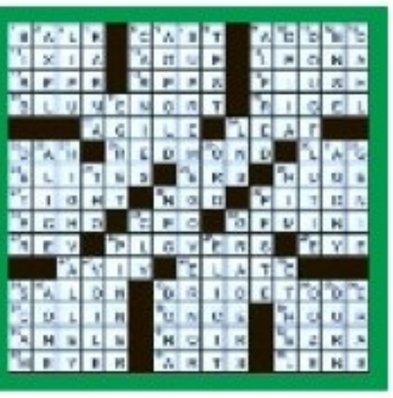
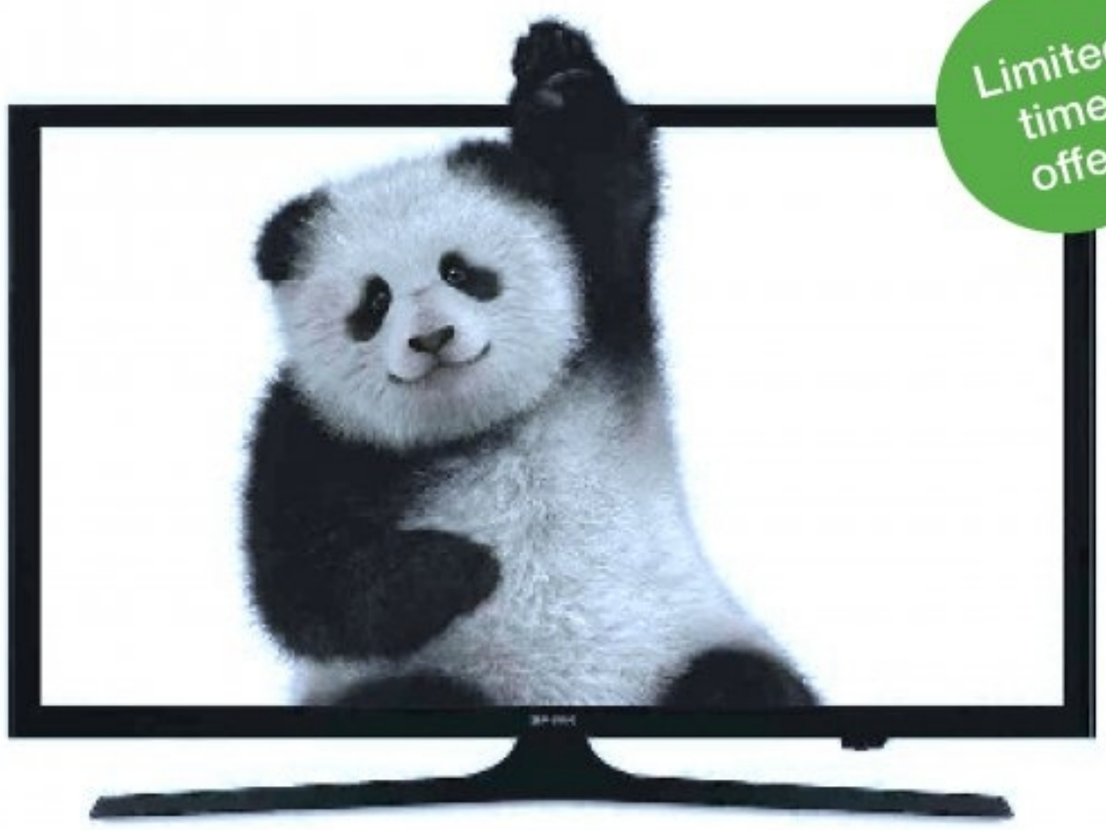
7	8	3	1	5	2	9	4	6
9	1	2	6	3	4	7	8	5





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*Offer available until March 31, 2016, to residential customers who have not subscribed to TELUS TV or Internet in the past 90 days. Offer available while quantities last and cannot be combined with promotional prices. Offer includes Optik TV Essentials and Internet 25. Not available with Internet 6 or Lite. A cancellation fee applies for early termination of the service agreement and will be the value of the promotional gift received in return for your term commitment, multiplied by the number of months remaining in the term (with a partial month counting as a full month), divided by the total number of months in the term, plus applicable taxes. TELUS reserves the right to substitute an equivalent or better product without notice. Offer available with a 2 year service agreement. A retail value of $799 for the 50" Samsung Smart TV, based on the manufacturer's suggested retail price, plus a 2 year extended warranty, provincial government eco fees and shipping. A cancellation fee applies for early termination of the service agreement and will be the value of the promotional gift received in return for your term commitment, multiplied by the number of months remaining in the term (with a partial month counting as a full month), divided by the total number of months in the term, plus applicable taxes. Downgrading to Lite after accepting a promotional offer will trigger the cancellation fees associated with the promotion and the free installation and equipment rental. TELUS reserves the right to modify channel lineups and packaging, and regular pricing, without notice. HDTV-input-equipped television required to watch HD. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. The Essentials or Lite is required for all Optik TV subscriptions. Internet access is subject to usage limits; additional charges apply for exceeding the included data. Service installation, a $300 value, includes connection of up to 6 TVs and is free with a service agreement or purchase of a digital box or PVR. If new outlet/phone jacks are required, the charge will be $75 for the first one and $25 each for the others. Free installation and equipment rental is not available with Lite. If you downgrade to Lite, regular rental fees will apply starting in the month of the downgrade, and cancellation fees will apply as above. TELUS, the TELUS logo, Optik, Optik TV, telus.com and the future is friendly are trademarks of the TELUS Corporation, used under licence. All rights reserved. All copyrights for images, artwork and trademarks are the property of their respective owners. All rights reserved. © 2016 TELUS.